

COVID-19 Positive

Infection Prevention and Control Fact Sheet for patients and carers



You have have been diagnosed as being COVID-19 positive.

What is COVID-19?

COVID-19 is the illness caused by a strain of coronavirus first identified in Wuhan City, China in 2019.

What are the symptoms of COVID-19?

The most common symptoms of COVID-19 are:

- a new continuous cough
- and/or a fever/high temperature (37.8 C or greater). You may feel warm, cold or shivery.
- You may suffer from loss of taste and smell.
- Some people will have more serious symptoms, including pneumonia or difficulty breathing which might require admission to hospital.
- You can also be asymptomatic.

How does it spread?

It is spread by droplets when a person coughs and/or contact with a contaminated environment.

How can I prevent other people from getting COVID-19?

You can reduce spreading the infection by:

- Avoiding direct hand contact with your eyes, nose and mouth without washing your hands first.
- Maintaining good hand hygiene
- Avoiding direct contact with other patients or sharing personal items such as mobile phones
- Covering your nose and mouth when coughing or sneezing with disposable tissues, disposing of them in the nearest waste bin after use and cleaning your hands.
- Wear a mask, provided by the nursing staff, at your bedside, when moving around the ward and when staff are working with you if you are able.

Wash your hands regularly.

Wash your hands with soap and water or alcohol sanitiser before eating and drinking, and after coughing, sneezing and going to the toilet.

How is COVID-19 treated?

Your doctor will discuss any treatment options with you.

What happens if you are diagnosed with COVID-19 while in hospital?

You will be nursed in a single room, or with other positive patients in a shared bay/ward. Staff will wear a face mask, apron, gloves and a visor when carrying out your care. You will be asked to wear a mask at your bedside, when going to the toilet if you do not have your own bathroom, whilst staff are working with you or when you are leaving your room to attend an appointment outside the ward. If you are nursed in a single room you will be asked to put on your mask if anybody enters the room.

What about visitors? Are friends and family at risk?

If the ward is closed due to COVID-19, visiting will be essential visitors only. All other visiting will follow NHSGGC visiting guidance. All visitors will be asked to perform hand hygiene on arrival and when leaving the ward, and it is strongly recommended that they wear a face covering. Family and friends should not visit if they have suspected or confirmed COVID-19 or if they have symptoms of another viral infection e.g. respiratory symptoms, gastrointestinal symptoms.

Advice on discharge.

When you are discharged the nursing staff should inform you on how long you need to self-isolate at home. The current guidance is to try to stay at home and avoid contact with other people for 5 days after the first day your symptoms started/you had a positive result (whichever was earlier). The day after you took the test and/or had symptoms will count as day 1.

For further advice see the Stay at Home advice from the Scottish Government.

For more information you or your carer can speak to the nurse looking after you or go to NHS Inform. www.nhsinform.scot

[Coronavirus \(COVID-19\) in Scotland | NHS inform](#)